

Longwood 50+ Center

October 2016


Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

www.howardcountyyaging.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---------------|---------------|
| <div></div> <div>3</div> | <div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>4</div> | <div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>5</div> | <div>6</div> | <div>7</div> |
| <div>COLUMBUS DAY</div> <div>10</div> | <div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>11</div> | <div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>12</div> | <div>13</div> | <div>14</div> |
| <div>17</div> | <div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>18</div> | <div>中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>19</div> | <div>20</div> | <div>21</div> |
| <div>24</div> | <div>中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm</div> <div>25</div> | <div>中国运动 9:00am 答对了 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm</div> <div>26</div> | <div>27</div> | <div>28</div> |
| <div>50 PLUS EXPO 9AM - 4PM</div> <div>HAPPY HALLOWEEN</div> <div></div> <div>31</div> | | | | |